

Green Lake Junior Crew Handbook



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www.greenlakecrew.org

Green Lake Small Craft Center

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Introduction

The Green Lake program is demanding and richly rewarding but can also be confusing to those new to the sport. This handbook is meant to help you and your rower through the first year, and to remain a source of quick access to information for you throughout your time at Green Lake.

Green Lake Crew (GLC) has a long and proud history of excellence that began in 1948 and has evolved into a nationally recognized competitive rowing program. Green Lake is consistently competitive at the USRowing Northwest Youth Championship Regatta and is often represented at the USRowing Youth National Championship regatta finals. Many Green Lake rowers go on to row in college and several have competed at National and Olympic levels. Don't be scared away by this high level of achievement. Anyone is welcome, everyone is encouraged, and all will row at Green Lake. The more you know about the program, the more enthusiastic you will become.

Green Lake Crew is a Seattle Parks and Recreation sponsored program. The City provides the facilities and pays the office staff. The Rowing Advisory Council (RAC) provides boats, equipment, and supplies. The RAC is a group of volunteers (parents, Alumni, and adult rowers) who are dedicated to Green Lake Crew's continued success. Green Lake junior rowers come from all over the greater Seattle area and range in age from 13 to 18. All abilities and levels of experience have an opportunity to learn to row and compete.

The philosophy of Green Lake Crew is simple: “pull hard, go fast, have fun.”

Basics of Green Lake Crew

Helping Your Rower

Understanding the requirements of this sport from a parent's perspective will help support your athlete. Rowing requires a tremendous commitment from each parent to help each rower succeed.

Transportation: Unless your teen is able to drive, you will need to arrange transportation to and from Green Lake. Since practices are every weekday and time on the water is limited, make every effort to get your rower to crew on time. Note: half of each practice involves a land-based workout, and half is on the water. Typically, the boys are working out on land while the girls are on the water, and vice versa.



Green Lake Women's Varsity Eight top ten finish at the Youth National Championships, Cincinnati, OH, June 2007

Absences: The coaches expect every rower to participate every day. If an absence is unavoidable, he or she must let their coach know by 3:00 p.m. However, multiple absences will hurt the athlete's chances for advancement.

Vacations: Rowing continues through midwinter break (in February) and spring breaks (in March/ April). Your rower's success in crew depends to a significant extent on attendance. Please keep this in mind when making vacation plans. Coaches will encourage your family to avoid taking vacations during these school break times.

Clothing: The best clothing for rowing and land workouts is soft, stretchy, and fairly form fitting. Polypro, CoolMax, and similar fabrics are best because they keep the rower relatively warm even when wet and they dry quickly. Loose clothing can get caught in the slides, so avoid basketball style shorts or warm-ups. Running shoes and socks are needed every day for land workouts. Good running shoes are essential and should be replaced after every 300 or 400 miles of use. Super Jock and Jill (on the north side of the lake) offers a 10% discount to Green Lake rowers.

In addition, the boathouse office sells Green Lake Crew rowing clothing. For regattas, your rower will need a racing tank top, which can be purchased in the boathouse office. There is also a JLRacing order that is compiled at the start of each competitive season that provides a bulk discount. *(NOTE: You are able to order the Green Lake gear off the JL website all year round, but you will not receive the discount if you are not with the bulk order.)*

The following on-line sites may be helpful to you for purchasing practice clothing for your rower:

<https://jlracing.com/>, www.regattasport.com, and www.sewsporty.com.

Nutrition: Rowing is a very demanding sport, and the athletes will be burning a lot of calories over the course of a workout. You should be encouraging your athlete to carry a water bottle and drink lots of water during the day as well as to eat a good lunch.

At dinner time, make sure that dinners include protein, fat, and carbohydrates. The energy systems that the athletes use require that they have water and carbs to generate the energy they need during a workout.

Communication

There are a few forms of communication we use to keep families updated on what is happening at Green Lake.

iCrew: a platform where we keep all current paperwork and information for the team. It is not usually used for regular communication; however, you may receive emails from this platform occasionally.

Constant Contact: an email platform that allows us to send out important information via email to anyone who signs up to receive the emails. This is the best way to keep in contact with us and to know what is going on during the season and the year. [Sign up to receive these emails here.](#)

Slack: Slack is a form of instant messaging that we use to communicate with the team, as well as families. There is a 'Green Lake Parent Slack' that you can become a part of. You will need to be invited by someone who is already in the group, so please contact the parent boosters to be invited to join.

Volunteer Opportunities

Much of Green Lake Crew's success can be credited to the many volunteers willing to step forward and do what needs to be done. Whether it is working on race day, chaperoning at regattas, or procuring auction items, helping out at Green Lake is essential to the organization and rewarding for the volunteer. It is one of the best ways to quickly understand the unique culture of crew, meet other parents, chat with the coaches, and get a grip on the rowing vocabulary. Check out some of the ways you can get involved.

For more information on volunteering, please see our [website page located here.](#)

Regattas

Green Lake hosts three regattas a year: Frostbite (November), Spring (March), and the Summer Extravaganza (August). Hosting regattas requires many volunteers: set-up people, launch drivers, dock masters, finish line workers, food booth helpers, t-shirt sales people, and more.

When the crew travels to regattas outside the Seattle area, chaperons are needed. Chaperons travel on the bus or plane with the team, sleep where the team sleeps (often on a gym floor), and help out wherever needed. The Junior Boosters provide food for the team at many regattas. Volunteers set up the food booth, cook, and serve throughout the day, helping to keep the rowers well fed and ready to row.

Our final event of the year is Awards Night, when the rowers are recognized for their hard work and dedication. Volunteers set up, decorate, and serve refreshments.

For more information on volunteering or chaperoning away regattas, please see the website. [Volunteering found here.](#) [Chaperoning found here.](#)

Fundraising

Green Lake Crew has two scheduled fundraising events during the year. In the fall there is an Erg-a-thon, a very low-key event which requires a few chaperons and some people to help transport the Ergs.

The second event of the year is The “Raising of the Green” Auction; our major fundraising/social event. It is held in late March or early April. This is one of the most important ways Green Lake raises money to provide all the top-of-the-line rowing equipment and scholarships. Volunteers are needed to help with planning, procurement, and on the day of the event. Green Lake Crew encourages everyone to contribute as generously as possible and attend the event.

Rowing Advisory Council

The Rowing Advisory Council (RAC) is the advisory body of Green Lake Crew. This is where decisions are made regarding the budget, equipment purchases, and fundraising. The RAC meets at the boathouse on the third Wednesday of each month. Meetings are open to all. Come see if the RAC is of interest to you. [More information can be found on the website.](#)

Getting to Regattas

Getting your rowers to regattas can be challenging. Your child usually needs to be at the course significantly before the races begin, often very early in the morning. The coach will always specify the arrival time in advance. You provide transportation to local events. Green Lake Crew provides chartered buses for races outside the Seattle area. Note that not all rowers race at all venues. The office staff will email (through Constant Contact) out information and directions to venues before each away regatta. If you have more questions about specifics of where parents will be watching the races or where the Green Lake supporters will be, the Parent Slack Channel is an excellent place to find that information.



Green Lake's Men's 8+ won Silver at the USRowing Youth National Championships in Cincinnati, Ohio, June 2007

Racing Seasons

Fall: Fall season is the long distance training season for crews. Most fall races consist of long distance (between 2.5 and 4 miles) head races, and results are calculated by time, not head-to-head competition. The starts are staggered allowing many crews to compete simultaneously. The one short race of the fall is the Frostbite Regatta hosted by Green Lake.

Winter: From November through January, crew practice consists of land workouts: rowing on the ergometer (the indoor rowing machine which calculates a rower's power output), weight training, and cardiovascular exercises such as running stairs. Rowers should continue conditioning to be in shape for spring.

Spring: Spring (February-May) is the most competitive season for rowing. Races are straight and short, 1500 to 2000 meters, and boats race in lanes. In order to accommodate all the competitors, time trials are often necessary. Spring culminates with the Northwest Youth Regional Championships, usually held in Vancouver, Washington. Top 4 varsity boats, 2V boats, and U17 boats are invited to attend the USRowing Youth National Championship Regatta held in early June in Sarasota, Florida.

Summer: Summer season at Green Lake (late June-early August) is not only the shortest, least competitive season, but also a great time to start rowing and learn the basics. Summer ends with the Green Lake Summer Extravaganza, a perfect time for a rower's first competitive race.

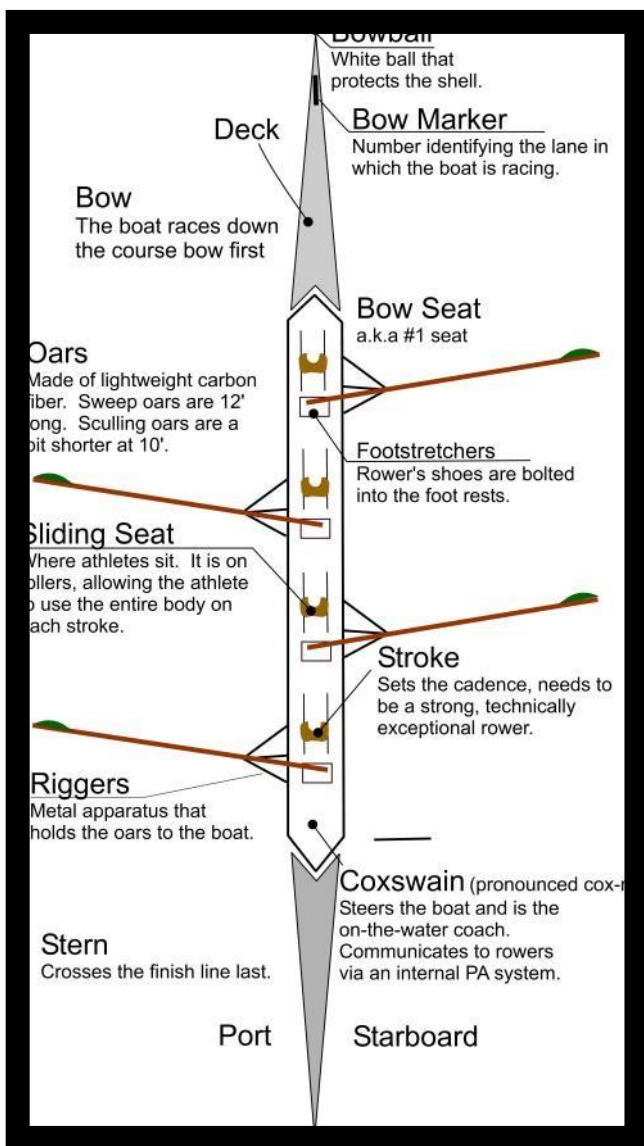
See the [website for a current calendar of events](#).

Basics of Rowing excerpted from US Rowing, USRowing.org

Rowing is a total body workout. Rowing only looks like an upper body sport. Although upper body strength is important, the strength of the rowing stroke comes from the legs. Rowing is one of the few athletic activities that involves all of the body's major muscle groups. It is a great aerobic workout, in the same vein as cross-country skiing, and is a low-impact sport on the joints.

Rowers are probably the world's best athletes. Rowing looks graceful, elegant, and sometimes effortless when it is done well. Don't be fooled. The sport demands endurance, strength, balance, mental discipline, and an ability to continue on when your body is demanding that you stop.

Sweep (like a broom) and **Sculling**: There are two basic types of rowing, sweep rowing and sculling. In sweep rowing, athletes hold one oar with both hands. In sculling, the athletes have two oars, one in each hand.

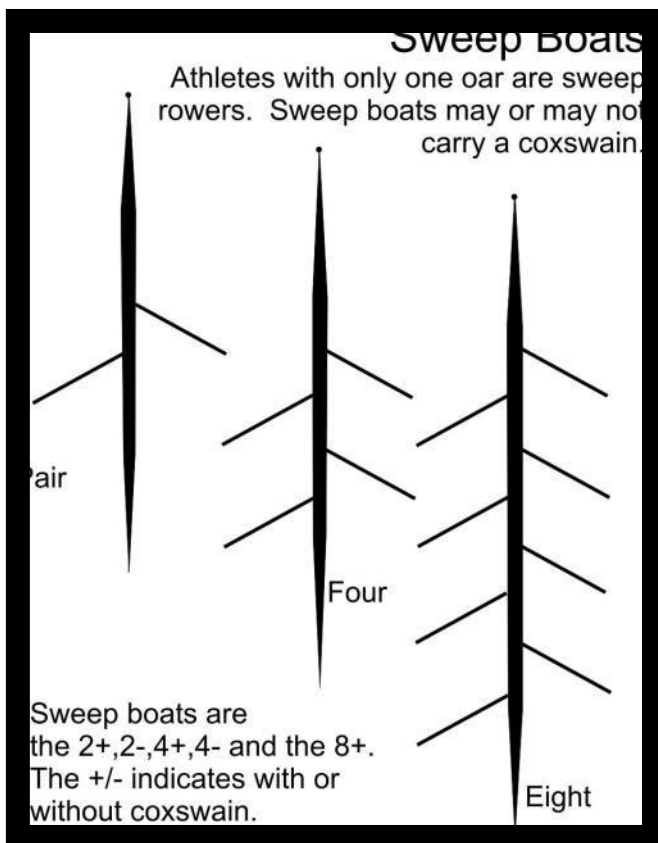


Boat configurations: Sweep rowers come in pairs (2s), fours (4s), and eights (8s). Scullers row in singles (1x), doubles (2x), and quads (4x). Sweep rowers may or may not carry a **coxswain (cox-n)**, the person who steers the boat and serves as the on-the-water coach. All eights have coxswains, but pairs and fours may or may not. In all sculling boats and sweep boats without coxswains, a rower steers the boat by using a rudder moved with the foot.

Categories: Rowers are categorized by gender and age. Events are offered for men and women, as well as for mixed crews containing an equal number of men and women. There are junior events for rowers 18 or under or who spent the previous year in high school, and there are masters' events for rowers 27 and older.

Equipment: Today's rowing boats are called shells, and they're made of lightweight carbon fiber. The smallest boat on the water is the single scull, which is only 27-30 feet long, a foot wide, and approximately 30 pounds. Eights are the largest boats at 60 feet and a little over 200 pounds. Rowers use oars to propel their shells. Sweep

oars are longer than sculling oars, typically with carbon fiber handles and rubber grips (although some sweepers still prefer wooden handles). Sculling oars are almost never wood.



The Crew: Athletes are identified by their position in the boat. The athlete sitting in the bow, the part of the boat

that crosses the finish line first, is the bow seat or No. 1 seat. The person in front of the bow is No. 2, then No. 3 and so on. The rower closest to the stern that crosses the finish line last is known as the stroke. The stroke of the boat must be a strong rower with excellent technique, as the stroke is the person who sets the rhythm of the boat for the rest of the rowers.

Teamwork is number one. Rowing isn't a great sport for athletes looking for MVP status. It is, however, teamwork's best teacher. The athlete trying to stand out in an eight will only make the boat slower. The crew made up of individuals willing to sacrifice their personal goals for the team will be on the medal stand together. Winning teammates successfully match their desire, talent, and blade work with one another.

Measuring Speed: Rowers speak in terms of strokes per minute (SPM), literally the number of strokes the boat completes in a minute's time. The stroke rate at the start is high and then "settles" to a race cadence typically in the 30s. Crews sprint to the finish, taking the rate up once again.

Crews may call for a "Power 10" during the race – a demand for the crew's most intense 10 strokes.

Race watching: The crew that's making it look easy is most likely the one doing the best job. When watching a race, look for a continuous, fluid motion from the rowers; synchronization in the boat; clean catches, i.e. oars entering the water with little splash; and the boat with the most consistent speed. Lanes usually are numbered from left to right and from one to six when looking in the direction of racing. Binoculars help the viewer identify distant boats, a collapsible chair helps make a long day more comfortable, and this booklet will help a first time observer understand what is going on.

There are numerous categories for races, as well as distances. At Green Lake, the races are 1000 meters, at Brentwood in Canada, the races are 1500 meters, but most other races in the spring are 2000 meters. Varsity

boys and girls times for 1000 m races are in the neighborhood of 3:00 minutes for varsity boys and about 3:20 for varsity girls. For 2000 meters, varsity boys times are about 6 minutes, varsity girls times are about 7 minutes. Times vary depending on conditions, such as the weather and wind direction.

Glossary

- Blade:** The wide part of the oar. Blades are painted in team colors.
- Bow:** The leading end of the shell with a rubber ball on the end to prevent injury.
- Bow Seat:** #1 seat in the boat.
- Catch:** The point at which the blade takes the water to initiate the drive phase of the stroke. The blade must be placed quickly and accurately into the water before the rower changes direction on the slide.
- Catching a Crab:** When a rower places the oar into the water without squaring the blade, it often goes too deep and the rower loses control. This can stop a boat dead in the water and also catapult a rower out of the boat.
- Cox (coxswain):** The person in charge of steering the boat and the only person facing the direction of travel.
- Cox Box:** A small amplification system with timer and stroke meter. This allows the cox to be heard all along the boat and provides key elements such as stroke rate and elapsed time.
- Drive:** The propulsion phase of the stroke, which occurs between the catch and release.

Ergometer (erg):	The wind resistance machine used to test the absolute power generated by a rower, usually recorded in 500-meter splits. On the water, this force coupled with the distance from catch to release determines and athlete's power output in the boat.
Feather:	The hand motion used to roll the blade into a horizontal position during the recovery phase of the stroke. The blade can then skim just above the water's surface in preparation for the next stroke.
Head Races:	Fall races between 2.5 and 4 miles, which build rowers' endurance.
Line-ups:	The order the athletes sit in a boat, partially determined by erg scores.
Outside Hand:	The hand at the end of the handle (left for ports, right for starboards). This hand dominates the pulling and controls the level of the oar through the stroke.
Power Ten:	The ten most powerful strokes a crew can produce. Called for by the coxswain. Must be used strategically and not over-used.
Rate, Stroke rate:	The number of strokes taken per minute.
Recovery:	The rest phase of the stroke when the blade is out of the water.
Release:	The point at which the oar is extracted from the water. The end of the work phase of the stroke. When executed properly, it is a smooth, clean maneuver.
Run:	The boat's response to the send generated by the propulsion phase of the stroke.

This is what rowers should feel as the boat glides underneath them on their way to the catch.

Rushing: Athletes who pull themselves up the slide to the catch faster than they drive the oar in the water are “rushing the slide.” This slows down the boat.

Sculling: Rowing with two oars, each smaller than a sweep oar.

Seat Racing: A system by which the coach can judge which rowers are fastest on the water. Two

boats of 4 are matched against each other in a series of races. Rowers are switched

from boat to boat or seat to seat until an obvious winning combination is achieved.

Set: The balance of the boat, achieved by keeping the oars moving together horizontally, preferably along the same plane on both the drive and recovery phases of the stroke.

Slide: The tracks that the seat moves across or the action of sliding with each stroke.

Splits: The time it takes a rower/boat to complete 500 meters based on his/her current pace. Most commonly seen on an erg, but also in the boat on a coxswains speed coach.

Stern: The trailing end of the boat, where the fin and rudder are located. Generally the coxswain is seated in the stern so that they can see what the rowers are doing.

There are, however, “bow loaders” in which the cox is seated in the bow section of the boat.

Stroke Seat: The rower in #8 seat who sets the cadence of the strokes for the other rowers.

Sweep: Each athlete has only one oar.

Rowing at Green Lake

Rowers at GLC compete at different levels depending on ability, experience, and commitment. There are five different levels of rowers:

- “Novice” – first year rowers are considered novices through their first spring season.
- “U17” -
- “3V” and “4V” – rowers who have completed one spring season of rowing and are in the “third from varsity” or “fourth from varsity” boats.
- “JV” – the rowers who are one step from the varsity boat.
- “Varsity” – the fastest and most capable rowers.

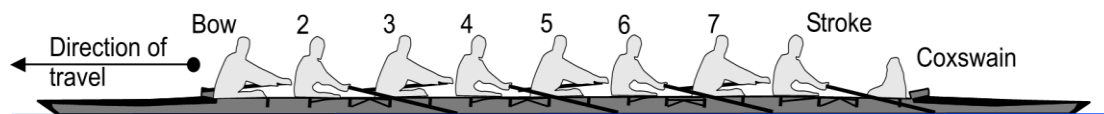
Ergometers

Ergometers are used to measure the strength and fitness of athletes. They are machines that simulate the rowing process and allow the coaches to assess athlete capability. They are mainly used as training tools but are also used to test athletes in various distances like a race. Generally, an athlete is asked to “row” either 2000 meters in the spring season, or 6000 (boys) or 5000 (girls) meters in the fall season. The time taken to row those distances is then used to evaluate the athletes and assess progress.

Faster times (lower splits on the monitor) are an indication of the power and endurance an athlete can contribute to boat speed. However, there are also other factors, such as technique, that determine the athlete’s ability to contribute to boat speed. Erg times are but a single factor in the determination. In addition, for the best athletes, these times can be submitted to the coach of the Junior National Team for consideration for possible selection to represent the United States at the Junior World Championships in the summer.

Generally, for male rowers, 2000 meter erg scores range from 6 minutes to 6 minutes 30 seconds for varsity-caliber athletes. Female varsity athlete 2000 meter times range from 7 minutes to 7 minutes 40 seconds.

For 6000 meter pieces, the range is from 20 to 22 minutes for male varsity open weight caliber athletes. Green Lake Varsity Open weight Girls use a 5000 meter piece with times ranging from 19 to 21 minutes.



Seat assignments in an eight.



GLC WLt4+ at 2007 Youth National Championships in Cincinnati , OH, June 2007

Spring Regattas:

BRENTWOOD REGATTA

Brentwood College School hosts this event on its campus in Mill Bay, British Columbia. The 1500 meter race is in the salt water of Sanich Inlet directly in front of the school. All race day activity is centered here, though Green Lake Crew uses the gym floor of a nearby high school for lodging. Accommodations for visiting parents are limited. Check the Brentwood School website at www.brentwood.bc.ca. Look under BCS regatta for motel listings in the area. Victoria is a bit too far away to make it a good option.

GREEN LAKE: SPRING REGATTA, SUMMER EXTRAVAGANZA, FROSTBITE REGATTA

Green Lake Crew hosts these 1000 meter races and all activity is centered on the south west shore of Green Lake. Parking is difficult and illegally parked cars are often ticketed. Viewing is excellent all along the southwest shore and from the Aqua Theater.

HUSKY INVITATIONAL and OPENING DAY

These races have events for juniors, collegiate, masters, and sometimes international Olympic team rowers. The course is 2000 meters starting in Lake Washington and finishing just at the west end of the cut. The best viewing is from the Montlake Cut or Bridge. Launching is at the University of Washington's Conibear Shellhouse located just east of the U.W. Intramural Activities Building and tennis courts. Parking is good at U.W. lots E11/E12 or E1.

NORTHWEST REGIONALS at VANCOUVER LAKE

The 2000 meter race course at Vancouver Lake is centered on Vancouver Lake Park. Launching, parking and best viewing are all in the park.

Fall Regattas:

TAIL OF THE LAKE

Tail of the Lake is a head race that begins in the northwest corner of Lake Union and follows the shoreline in a counterclockwise direction, finishing at [Gas Works Park](#). The rowers launch at [Lake Washington Rowing Club docks](#) located just east of the Fremont Bridge. The best viewing and parking is at Gas Works Park and the Fremont Bridge.

PORTLAND FALL CLASSIC

Portland Fall Classic is a head race hosted by Rose City Rowing Club, held at Vancouver Lake Park in Vancouver, Washington. This is the same venue that Junior Regionals is held on. Launching, parking and best viewing are all in the park.

HEAD OF THE LAKE

This is a head race beginning in the northeast corner of Lake Union, continuing through Portage Bay and the Montlake Cut into Lake Washington. The finish is in front of the University of Washington's Conibear Shellhouse. The rowers launch at the Conibear Shellhouse. The best parking is at the UW E1 lot just north of the Intramural Activities Building on Montlake Blvd. The best viewing is from the Montlake Bridge or anywhere along the Montlake Cut.

